

• SUGARY DRINKS AND COVID-19 •

SUGARY DRINKS ARE MAKING US SICK



SUGARY DRINKS

Sugary drinks like fruit drinks, sweetened coffees, energy drinks and soda are the leading source of added sugars in the American diet



COVID-19

Those with pre-existing cardiovascular disease who contract COVID-19 become sicker than those without an underlying disease



SUGARY DRINKS

Children should have no more than 8 ounces of sugary drinks each week, but many children consume as much as 10 times this amount



TYPE 2 DIABETES

Drinking too many sugary drinks can raise the risk of type 2 diabetes



TOO MUCH SUGAR

On average, kids drink 30 gallons of sugary drinks each year—that's enough to fill an entire bathtub



HEART DISEASE

Risk for heart disease may rise as much as 17% by drinking only one sugary drink a day